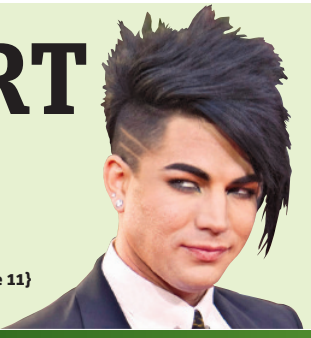
HEADING BACK HOME AT AGE 27
AUTHOR RETURNS TO THE NEST {page 12}

LAMBERT ACCUSED OF ATTACKING PAPARAZZO {page 11}



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NightBus will do for partiers: TransLink

Toughest drinking and driving laws take effect today NightBus service covers Vancouver, Burnaby, Coquitlam, New Westminster, Surrey and Richmond A Richmond NightBus starts its last route at 4:44 a.m.; all others depart at 3:09 a.m.

As of today, British Columbia's drinking and driving laws become the strictest in the country, leaving some wondering why TransLink doesn't offer partiers 24-hour transit service.

Coast Mountain Bus Company runs 12 NightBus service routes that run well after the bars close, according to TransLink spokesperson Drew Snider.

Of the routes, 11 originate in downtown Vancouver and cover more ground than the three SkyTrain lines.

"SkyTrain requires nightly maintenance so that it can run as well as possible during the critical morning rush hour," Snider said, as to why SkyTrain doesn't run all night.

KRISTEN THOMPSON

Terry Fox. Run

▶ A man wearing a Terry Fox T-shirt watches as other participants stretch before the start of the 30th annual Terry Fox Run in Vancouver yesterday.

DARRYL DYCK/THE CANADIAN PRESS

Still inspiring, 30 years on

About 800 Terry Fox Runs were held across Canada yesterday, including in Fox's hometown of Port Coquitlam where thousands took part despite the wet weather. Fred Fox, Terry's older brother, led 10,000 people across the Confederation Bridge while his parents, Betty and Rolly Fox, took part in three Nova Scotia runs. Story, page 4.

Local

Accused in gang rape defended

- Facebook group pops up supporting males allegedly involved in assault {page 3}
- Paul Sullivan on brutality fuelled by technology {page 8}

Brandy gets her groove on for TV

Nerves rising as 11th season of Dancing With the Stars looms {page 10}

Eat with a clear conscience

Choosing sustainable seafood, and 5 foods to avoid {page 14}

Feds muzzling scientists

Newly tightened rules conflict with openness policy {page 5}

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Conservatory, zoo vote tonight

The fate of two longtime Vancouver park attractions will be decided tonight.

The Vancouver Park Board is expected to vote on staff recommendations to shut down the children's farmyard in Stanley Park and to endorse an agreement to keep the Bloedel Conservatory open.

Last November, the board voted to close both money-losing attractions but, following some public outcry, decided to look at proposals to keep them operating.

"I feel a lot of pressure to get this done," said John Coupar, president of Friends of Bloedel (FOB). "All these people in the public are really depending on our little group to keep the park board moving forward."

FOB has partnered with the 7,000-volunteer Van Dusen Botanical Garden Association to manage and operate Bloedel in partnership with the park board. It would remain a public facility, but would be operated on the same model as VanDusen.

If approved, the children's farmyard would close Jan. 2 after the annual Bright Nights Christmas event.

Twelve organizations have expressed interest in taking some or all of the 122 animals.

JEFF HODSON

JEFF HODSON/METRO VANCOUVER FILE PHOTO

▶ The Bloedel Conservatory in Queen Elizabeth Park.

Alexa's mom calls for mandatory jail

Minimum mandatory sentences should be equivalent to other crimes that result in loss of life, says Laurel Middelaer

As the nation's toughest impaired driving sanctions come online in B.C. today, a mother whose daughter was killed by a drunk driver in Delta says she plans to push for mandatory minimum sentences for impaired drivers who cause death.

The new sanctions, which are dedicated to the memory of four-year-old Alexa Middelaer, include an immediate 90-day driving ban as well as fines and fees of more than $4,000 for drivers caught with a blood alcohol above 0.08 per cent.

"There should be a minimum sentence and there should be no opportunity to get off if you've killed somebody," said Laurel Middelaer, noting that Carol Berner, the woman convicted of impaired driving causing Alexa's death, could possibly receive a conditional sentence. Following Berner's sentencing (Nov. 8), Middelaer said she plans to push for mandatory minimums as well as designated courts and prosecutors for impaired drivers.

"You can kill somebody and you can significantly harm someone for the rest of their lives and the consequences are extremely light."
LAUREL MIDDELAER

Since their daughter's tragic death, the Middelaers have started Alexa's Team to recognize police officers and are raising funds for a $250,000 roadside impaired lab called Alexa's Bus.

JEFF HODSON

▶ Four-year-old Alexa Middelaer was hit by a drunk driver and killed while feeding a horse along the side of the road in Ladner in 2008.

Group defends accused men

A new Facebook group called Reasonable Doubt In Pitt Meadows is defending the roughly seven men and boys accused of raping a teenage girl at a rave.

According to the page, the group is "for the people who have yet to jump on the bandwagon headed out to lynch the men/boys involved in the alleged rape."

It argues that the media are sensationalizing this case.

2 People who have been arrested in connection with the incident — one for allegedly posting the photos online and one accused of participating in the rape.

One group member blames the victim and claims she willingly put herself in a vulnerable position.

As of deadline yesterday, the group had 11 members, nine of whom are women.

KRISTEN THOMPSON

PAUL SULLIVAN'S TAKE, PAGE 8.

What do you think? Have your say online at vancouverletters@metronews.ca

News in brief

Murdered man was father of murder victim

ABBOTSFORD. A man shot dead in Abbotsford last week was the father of one of the victims in the Surrey Six murders, police announced. Thavone Narong, 49, was the father of Eddie Narong, 22. RCMP believe Thavone was targeted.

KRISTEN THOMPSON

Rallies held for Marc Emery

MARIJUANA. Nearly 100 rallies were held around the world this weekend calling for the federal government to bring Marc Emery home from an American prison. Supporters want Emery to serve his sentence in Canada.

KRISTEN THOMPSON

1 news

News on the move

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca

Was Ottawa's appeal of a release order for four Tamil women just for show? Guidy Mamann explains at metronews.ca/immigration

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Correction

In an article on Slice's Saturday night lineup in the Sept. 17-19 edition of Metro, the TV network was incorrectly identified. Tori & Dean and the Real Housewives of New York, New Jersey and Washington, DC, air Saturday night on Slice.

METRO

Piers. Cruising

▶ Taxis crowd toward the Canada Place pier to whisk passengers off the last Alaska cruise ships of the year.

STEPHANIE ORFORD/FOR METRO VANCOUVER

A ship-shape Sunday in Vancouver

The bellow of cruise ship horns at the Canada Place and Ballantyne piers yesterday signalled the biggest day of the year for cruise ships in Vancouver. Approximately 16,000 passengers aboard six ships were out for a day on the town. Jane Campbell, a Worldwide Shore Services agent for Holland America cruises, said each vessel hosts 1,300 passengers.

'People aren't forgetting Terry'

- Port Coquitlam just one of 800 runs across Canada
- Hundreds take part in Vancouver event at Stanley Park

SARAH N. FITZGERALD
VANCOUVER@METRONEWS.CA

Not even pouring rain could stop the thousands who came out on foot, on bikes, in wagons, and even on four paws to support the 30th Annual Terry Fox Run in Port Coquitlam.

Mary Ness, volunteer coordinator, has been participating for 24 years.

"I got an email this year from a mom who was typing for her four-year-old son who wanted (to volunteer). I just think that's so amazing," Ness said. "People aren't forgetting Terry."

To further support the cause, Ness also shaved her head, which helped her raise $2,500.

Vancouver's Terry Fox Run also attracted hundreds.

SARAH N. FITZGERALD/FOR METRO VANCOUVER

▶ Rick Hansen at Port Coquitlam's Run.

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Edmonton. Bieber fever

▶ Anisa, from left, Kristi, Caitlin, Justin, Tania, Mandy and Courtney.

LES JOHANSEN/THE CANADIAN PRESS HANDOUT

Biebs on full display in Edmonton

Singer Justin Bieber, in town for a concert last night, made a surprise appearance at the Hooters restaurant in the West Edmonton Mall on Saturday.

Science under government's microscope

Public service professionals and scientists worried by government policy Fear scientists being silenced

Canada's scientific community is buzzing over newly tightened rules that further restrict government researchers from speaking with the media about their work.

Yet the No. 1 policy statement for government communications, according to Treasury Board, is to "provide the public with timely, accurate, clear, objective and complete information about its policies, programs, services and initiatives."

The policy calls on public servants to speak "openly" with Canadians.

"Whenever you have a filter you are, by definition, losing information. I don't know how anyone can make the argument that objectively society is better served by having filters through a minister's office."

JEFF HUTCHINS, BIOLOGIST, DALHOUSIE UNIVERSITY IN HALIFAX

But recent access-to-information documents obtained by PostMedia News reveal that all media inquiries to scientists working for Natural Resources Canada must now pass through a Byzantine thicket of "subject matter experts" and the minister's director of communications — "no exceptions."

As one bureaucrat warned in an internal email: "What may appear to be a simple request for facts may actually relate to policy or high-profile issues."

THE CANADIAN PRESS

U.S. IMMIGRATION DEBATE

Illegals do vital work: Powell

Former Secretary of State Colin Powell says illegal immigrants do essential work in the U.S. and he has firsthand knowledge of that — because they fix his house.

Powell, a moderate Republican, urged his party yesterday to support immigration generally because it is "what's keeping this country's lifeblood moving forward."

In an interview with NBC's Meet the Press, he said a path to legal status should be offered to illegal immigrants in the U.S. because they "are doing things we need done in this country."

He added: "They're all over my house, doing things whenever I call for repairs, and I'm sure you've seen them at your house. We've got to find a way to bring these people out of the darkness and give them some kind of status."

THE ASSOCIATED PRESS

Rain out east thanks to Igor

As hurricane Igor lashes Bermuda, forecasters are warning residents of eastern Nova Scotia and much of Newfoundland to brace for heavy rain today and tomorrow. The storm isn't expected to make landfall in Canada, but the Canadian Hurricane Centre says Igor's rain bands may interact with a trough of low pressure over Newfoundland.

THE CANADIAN PRESS

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Sect members found

‘Cult-like’ group awaiting Jesus find cops instead

The members of a breakaway religious sect were found praying at a Los Angeles County park yesterday, halting a frantic search for the five adults and eight children who went missing after writing letters to family members saying goodbye.

Deputies found the group at 11:55 a.m. yesterday at Jackie Robinson Park in Palmdale after getting a tip they might be there, said Los Angeles County sheriff’s spokesman Steve Whitmore. He said all the members are apparently safe.

Officers had been searching a wide swath of Southern California since Saturday after family members found letters saying the group was awaiting an apocalyptic event and would soon see Jesus and their dead relatives in heaven.

The group of Salvadoran immigrants described as “cult-like” by sheriff’s officials, was led by Reyna Marisol Chicas, a 32-year-old woman from Palmdale in northeast Los Angeles county, Captain Mike Parker said.

Members left behind cellphones, identification documents, deeds to property, and letters indicating they were awaiting the Rapture.

“Essentially, the letters say they are all going to heaven to meet Jesus and their deceased relatives,” Whitmore said. “Some of the letters were saying goodbye.”

THE ASSOCIATED PRESS

GUS RUELAS/THE ASSOCIATED PRESS

▶ A Los Angeles County Sheriffs officer comforts a child who was with members of a breakaway religious sect after they were located by officers at a park in Littlerock, Calif.

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NASA scientist to testify at Total oilsands hearings

Mine expected to produce 100,000 barrels of bitumen a day

One of NASA's top scientists will appear at hearings into a proposed oilsands project to warn about the climate change consequences of approving Total E&P Canada's $2-billion plan to build the Joslyn North mine.

James Hansen, head of the Goddard Institute for Space Studies, is slated to testify at public hearings into the proposal, which begin tomorrow in Fort McMurray, Alta. Hansen is sometimes dubbed the godfather of climate change science.

THE CANADIAN PRESS

"He's a star witness."

GODDARD INSTITUTE SPOKESMAN SIMON DYER, WHO SUGGESTED HANSEN MIGHT BE APPEARING AT THE END OF SEPTEMBER, ABOUT THE SAME TIME HOLLYWOOD DIRECTOR JAMES CAMERON IS SLATED TO MAKE HIS OWN HIGH-PROFILE TRIP.

BRENDAN HOFFMAN/GETTY IMAGES

▶ James Hansen, head of the Goddard Institute for Space Studies, is slated to testify at public hearings tomorrow in Fort McMurray, Alta.

ECONOMICS

Downturn becomes slump

Two years removed from what many feared would be the total collapse of the world economic and financial systems, Canadians may be forgiven for asking — "What was the big deal?"

The most severe global recession in six decades fizzled into a run-of-the mill slump in Canada lasting three quarters and costing just over 400,000 jobs, a mere 2.4 per cent of the labour force. The economy has recouped all of the jobs that vanished in late 2008 and 2009.

THE CANADIAN PRESS

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
12,164.56 (Friday)	96.96¢ US (Friday)	$73.66 US (Friday)	$4.024 (Friday)

Gold contracts $1,275.60 (Friday)

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WHEN CRIME DOESN'T FEEL LIKE CRIME

Urban Compass

PAUL SULLIVAN

It's the question of the hour: Is technology-enhanced brutality worse than plain old-fashioned brutality?

At a party, a young woman is drugged senseless, taken out into a field and raped by seven young men. That is plain old-fashioned brutality.

But this is 2010, so there's the attack and someone posts photos of it on his Facebook page. That's technology-enhanced brutality.

And yes, it is worse. Not only must that young woman suffer the shock and pain that goes with the attack, she must bear the shock and pain that goes with the knowledge that the photos went viral and now there are untold thousands who are able to watch her being brutalized in the privacy of their darkened rooms.

What kind of young monster wants to broadcast this sick triumph to the world? And why is it even possible?

On the one hand, Facebook is a wonderful tool for social interaction. It's an electronic back fence that allows us to share the news of our lives with each other via a few keystrokes.

On the other, it's a frightening new social disease.

Of course, it's not just Facebook. By the time young men turn 18, most have mutilated or killed a multitude of virtual aliens, soldiers, gangsters, and plenty of innocent bystanders. No one really dies; they're just pixels.

"By the time young men turn 18, most have mutilated or killed a multitude of virtual aliens, soldiers, gangsters, and plenty of innocent bystanders. No one really dies; they're just pixels."

After a while, seeing pixellated people through the cross hairs can't be good for that part of the brain in charge of right or wrong, shame or pity, mercy or love.

None of those virtues were in the Pitt Meadows field last Friday night. The 16-year-old girl, described by her distraught father as witty and beautiful, was just another target for the boys, and the people who shared the results on Facebook like the high score on a video game.

We need to understand — right now, before it's too late — that this reality pornography feeds an evil hunger that grows day by day. The police say three crimes have been committed here: The rape itself; the photos of the rape, which are child pornography; and possession of child pornography.

Make no mistake, everyone who downloads those photos is participating in a criminal act. Despite their inevitable protests, they become part of the gang who raped a girl who was once witty and beautiful.

Technology makes it so much easier to be callous and brutal. So much so, it hardly feels like a crime.

And that's the really scary part.

Cartoon

MICHAEL DE ADDER

Thank you, bus driver

Letters & Tweets

VANCOUVER. The driving is not at all easy on our busy roads. However, one of the drivers of the No. 5 Robson bus (should be commended) for being alert.

I got on, as usual, but left my briefcase on the bench at the bus stop. Fortunately this driver noticed it and asked me whether that case was mine. I ran and got my briefcase. Again I have to thank him a million times for his unique alertness ... and for saving me from the distress of losing my briefcase. **AALANI GULSHAN**

We asked: What do you think of B.C. introducing Canada's toughest drinking and driving laws?

@RAJUSANDHU I'm glad. Too many innocent people have been victims of drinking & driving.

@SAAQUIN I honestly think that the only people who oppose these tougher laws Drink and Drive themselves

@HAPPYKARMA Great to see new drinking & driving laws with huge fines coming to BC. It's a lifesaving move.

@MICHAELJWJR The law needs to be tougher. Any time there is an "upto" limit, people test it. People need to be afraid to drive and drink. As a bouncer for many years, drunk people never think they're drunk.

Finders, not keepers

TORSTAR NEWS SERVICES

What song best describes you?

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Metro Minute with a playwright

The creative mind behind Kayak — a play about a suburban housewife who ends up stranded in her son's old kayak — will be at the central branch of the Vancouver Public Library tonight to read from her award-winning work.

Jordan Hall's play, which debuted in Toronto and Winnipeg this summer, is a modern-day retelling of the Ark parable.

The reading — as well as discussions on playwrighting and environmental activism — will be held between 7 p.m. and 9 p.m. at 350 West Georgia St., meeting room, level 3.

Admission to the reading is free. For more information visit vpl.ca.

KRISTEN THOMPSON

THEORIGINALNORWEGIAN.COM

▶ Rosemary Dunsmore, as Annie, during a performance of Kayak, which won the Best Adult Fiction: Bridge to a Cool Planet Award.

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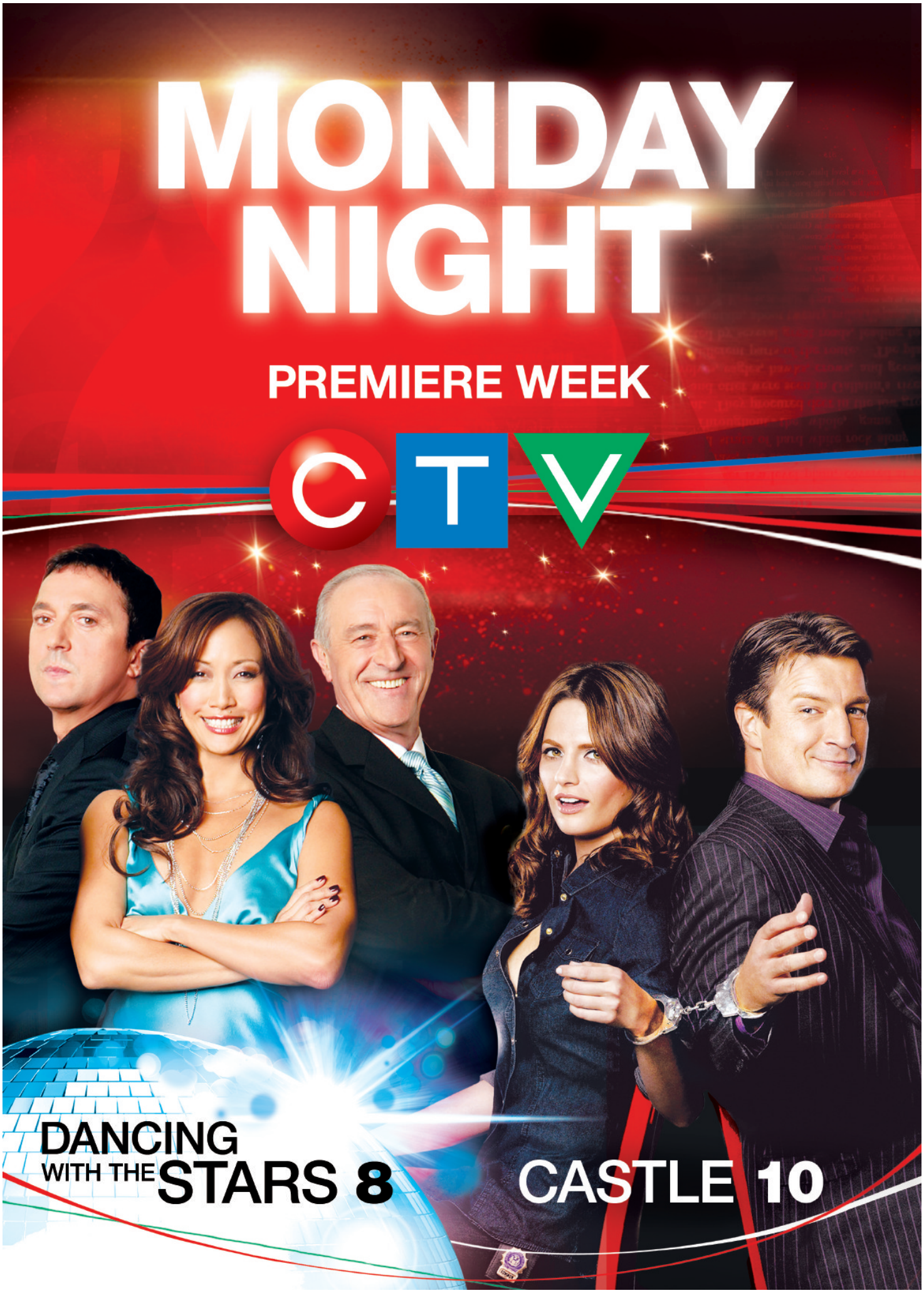
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2 scene

R&B songstress Brandy battles nerves (and lost wardrobe dreams) before her debut on the 11th season of Dancing With the Stars ◆ Dancing partner Chmerkovskiy finds his groove with 31-year-old star

MATT SAYLES/THE ASSOCIATED PRESS

▶ Singer Brandy and her dancing partner, Maksim Chmerkovskiy, rehearse for Dancing With The Stars last week.

Brandy looking for fairy tale on dance floor

It's the night of the Dancing With the Stars premiere, 20 minutes until Brandy and her partner Maksim Chmerkovskiy dance live in front of millions, and the singer-actress can't find her performance costume.

Scrambling, she finally locates the dress, but now one of her dance shoes is missing. With time running out, she decides to perform barefoot, but she misses her cue and can't catch up for the duration of the dance.

Then she wakes up.

Brandy has spent several nights dreaming about Dancing With the Stars, and she confesses her anxious nocturnal sojourn during a rehearsal just days before the season premiere.

"A couple of nights before, I'd been dreaming about the mirrorball," she says, referring to the show's glittery trademark trophy.

"I know I'm not going to misplace my dress. I know I'm not going to misplace my shoes. I'm going to make all of my cues and I'm going to dance with everything I've got." BRANDY

"So that's good."

But with the 11th season about to begin, her nerves are rising.

"I have a hard time trusting the process and trusting the moment," she says.

Chmerkovskiy reassures her. A veteran of eight Dancing seasons, he says that if she makes a mistake, he's ready "with plans C, D and F to camouflage it, so you've got nothing to worry about."

The 31-year-old star is set to make her dancing debut tonight alongside her fellow celebrity contestants: Actors David Hasselhoff, Jennifer Grey, Florence Henderson and Kyle Massey; athletes Rick Fox and Kurt Warner; reality performers Audrina Patridge and Mike The Situation Sorrentino; singer Michael Bolton; comedian Margaret Cho; and political daughter Bristol Palin.

After two weeks of working together daily, Brandy and Chmerkovskiy's playful chemistry is clear. He purposely pokes at her sore muscles; she warns that he better not drop her during one of their tricky turns.

"That's like telling Michael Jordan you better make that basket," the pro dancer says.

But Brandy also needs to get over her Dancing jitters and get through the season premiere. Chmerkovskiy reassures her. "You, Cinderella, prepare for the fairy tale," he says. "It's going to be fantastic."

THE ASSOCIATED PRESS

Brandy's Cinderella days

Brandy's appearance on the hit dance show represents a reunion with ABC, where she had her only other televised ballroom-dance experience in the network's updated version of Cinderella, in 1997. Brandy played the title character, and one of her scenes included a whirl around the ballroom.

THE ASSOCIATED PRESS

In brief

Starz network says Spartacus: Blood and Sand star Andy Whitfield is leaving the show to battle a recurrence of cancer. Production of the Spartacus series' second season was postponed this spring when Whitfield was diagnosed with non-Hodgkin lymphoma.

THE ASSOCIATED PRESS

Sacha Baron Cohen to play Freddie Mercury in Queen biopic

▶ Randy Quaid

Randy Quaid, wife accused of burglary

Actor Randy Quaid and his wife are facing burglary charges in California after the owner of the couple's old house reported they had been living there without permission.

A representative of the property owner called Santa Barbara County sheriff's deputies Saturday afternoon to report that squatters had been staying in the guest house illegally. When deputies arrived at the house that evening, they found Randy and Evi Quaid, who said they had owned the property since the 1990s.

The property owner's representative provided documents that showed his client had bought the home in 2007 from a man who had purchased it from the Quaids several years earlier. A contractor showed police more than $5,000 in damages to the guest house that he believed was caused by the Quaids.

Police arrested the Quaids on charges of felony residential burglary and entering a noncommercial building without consent, a misdemeanour. Police also charged Evi Quaid, 47, with resisting arrest.

Bail was set at $50,000 each.

Last September, the couple was charged with defrauding an innkeeper of more than $10,000 as well as conspiracy and burglary after an invalid credit card was used at San Ysidro Ranch in Montecito.

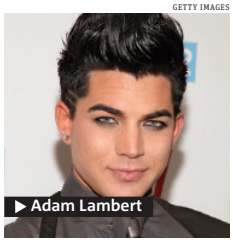
Senior Deputy District Attorney Arnie Tolks had said an invalid card also was used at The Biltmore, a luxury resort in Santa Barbara.

Felony charges were later dropped against Randy Quaid, 59.

THE ASSOCIATED PRESS

Lambert accused of assault

GETTY IMAGES



▶ Adam Lambert

Former American Idol contestant Adam Lambert is accused of simple battery on a photographer in Miami Beach.

A police report says 38-year-old Victor Eras was taking pictures of the singer Thursday when Lambert started running toward him "in an aggressive manner."

Eras claims Lambert grabbed his back pack and wrestled him to the ground. The photographer did not suffer any injuries. He declined to comment to The Associated Press on Friday.

No arrests were made. A police spokesman says there will not be an investigation. The state attorney's office will review the report and decide if any charges will be filed. TMZ first reported the alleged attack.

Lambert's publicist did not immediately return a call seeking comment.

THE ASSOCIATED PRESS

GETTY IMAGES

▶ Lindsay Lohan could face more jail time after she failed a recent drug test.

Lohan admits failed drug test

Lindsay Lohan has come clean about her drug addiction for the first time, taking to her Twitter account for a lengthy confession after news broke that she'd failed her first court-ordered drug test since leaving rehab early.

"Regrettably, I did in fact fail my most recent drug test and if I am asked, I am prepared to appear before Judge Fox next week as a result," she posted. "Substance abuse is a disease, which unfortunately doesn't go away over night… This was certainly a setback for me but I am taking responsibility for my actions and I'm prepared to face the consequences."

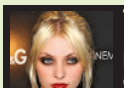
Lohan could face another 30 days in jail for violating her probation.

METRO

Celebrity tweets

Bill Maher [@billmaher] About to get my star on the walk of fame - this feels like the bar mitvah I never had - mostly cuz we were Catholic

Katy Perry [@katyperry] Signing up for a liver transplant now...



Taylor Momsen [@taylormomsen] Rob Zombie should remake the Exorcist

Steve Martin [@SteveMartinToGo] OMG. President Lincoln has been shot! Wait, whoa, my internet connection is SUH-LOW.

Tell us what you are recording @vancouvermetro

PVRTweets

Season 11 of *Dancing with the Stars* starts Monday. What celebrity would you like to see on the show?

@ballyhewe Betty White!

@TheTutorWorks Definitely Snooki should be on Dancing With the Stars, but solo. Better yet, just send her hair bump

@sunny_daze01 let me think.... ummm. an actual freaking STAR would be nice, not an over hyped tabloid nobody. :P

@tamifuru How about TO mayoral candidates

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*NO PURCHASE NECESSARY. Contest starts September 7, 2010 and ends October 24, 2010. For contest rules, details and to enter, visit our Facebook page at www.maynardsmostwanted.ca during the contest period. Contest open to residents of Canada who have reached age of majority. Standard message and data rates may apply. Some conditions apply. One (1) Grand Prize of $25,000 available to be won. Odds of winning depend on number of eligible entries received. Mathematical skill-testing question required.

3 life

Bribes

Did you know...

Using gifts to motivate children to complete their homework does as much damage as it does good. While offering gifts may inspire a more enjoyable homework experience, according to a survey of more than 1,000 Canadian parents conducted by Ipsos-Reid, there are also some unexpected negative side-effects, such as children expecting a reward and rushing to complete their homework. What can parents do? Focus on praise and encouragement. This advice is courtesy of Kumon Math and Reading Centres, the world's largest after-school math and reading program

NEWS CANADA

Survival gardens: Backyard veggie plots can help families save cash. Scan code for news

HANDOUT

▶ Author Iain Reid had lived away from home for about a decade when a part-time radio gig lured him back to Ottawa. At the age of 27, he was moving back in with his parents, and adjusting to being a boomerang kid. He wrote a book about the experience, One Bird's Choice.

Leaving, and then returning to the nest

Humour and reflection: Iain Reid pens book about moving back in with his parents after being out on his own for almost a full decade

In his late 20s, Iain Reid headed back to his parents' empty nest as an underemployed and overeducated young adult still trying to find his way in the world.

After almost a decade on his own, including several years in the big city of Toronto, it was an adjustment for Reid to be a 27-year-old living on his parents' isolated hobby farm near Ottawa, where he had a summer radio gig reviewing books.

"Nothing had really changed," he said in an interview, musing about the early days of his arrival back home.

"My parents were a little different but nothing had changed. My room was identical to when I was in Grade 3. The posters were the exact same, so that certainly added to the feeling of sort of sadness when I first moved home."

"My room was identical to when I was in Grade 3."
IAIN REID ON RETURNING HOME

Reid has aptly captured the angst, humour and quirkiness of his year at home in a new book, One Bird's Choice .

He describes the old log house, setting up a study where he could write and helping with chores like tagging the sheep, gathering eggs and digging manure out of the barn.

Not to mention interactions with his parents, whether it's learning the trick to flushing the finicky toilet, teaching his mom how to use a computer or visiting the gym with his dad.

"The whole book obviously is poking fun at my parents a bit and poking fun at me a lot, but also it's a bit of an homage to them because I probably couldn't have done it without the support and letting me come back home."
THE ASSOCIATED PRESS

Boomerang kids

▶ Much has been said and written in recent years about the boomerang kids — young adults returning home — and those who don't move out, as portrayed in the movie Failure to Launch.

Sex-ed common in U.S., birth control-ed not so much

Almost all U.S. teens have had formal sex education, but only about two-thirds have been taught about birth-control methods, according to a new government report.

Many teens apparently are not absorbing those lessons — other recent data shows that after years of steady decline, the teen birth rate rose from 2005 to 2007. It dipped again in 2008, to about 10 per cent of all births.

The report from the U.S. Centers for Disease Control and Prevention is based on face-to-face interviews with nearly 2,800 teenagers in their homes from 2006 through 2008. Female interviewers from the University of Michigan asked the questions for the CDC.

About 97 per cent of teens said they received formal sex education by the time they were 18. Formal sex education was defined in the report as instruction at a school, church, community centre or other setting teaching them how to say no to sex or about birth control and sexually transmitted diseases.

Lessons about saying no and STDs were more common than instruction on how to use a condom or other birth control, the study found.

Overall, about two-thirds of teens got birth control instruction by the end of high school — about 62 per cent of boys and 70 per cent of girls.

In contrast, about 92 per cent of boys and girls reported being taught about sexually transmitted diseases, and almost that many learned about preventing infection with the AIDS virus. And about 87 per cent of girls and 81 per cent of boys were taught how to say no to sex. THE ASSOCIATED PRESS

No change

Other research suggests that comprehensive sex education declined from 1995 to 2002, and this report seems to indicate that it hasn't changed since then, said John Santelli, a Columbia University professor of population and family health.

Tasty adzuki beans jump into the mainstream

LARRY CROWE/THE ASSOCIATED PRESS

▶ Adzuki beans are leaping into the world of cooking.

Get ready to spill the beans on adzuki.

Wait. You've never heard of adzuki beans? You will. Also known as azuki, aduki and Chinese red beans, these pint-sized packages of protein have been moving from the shelves of ethnic markets to big chains. They're even showing up in snack foods and ice cream.

"They're becoming a lot more mainstream," says Wendy Esko, marketing assistant in charge of product development and research at Eden Foods, which sells the beans under the name aduki. "In fact, out of the 33 kinds of canned beans that Eden offers, aduki beans rank No. 7."

And at Whole Foods, more than 8,000 kilograms of adzuki beans were sold last year just in California, according to Patrick Wyman, grocery co-ordinator for the chain's Northern California region.

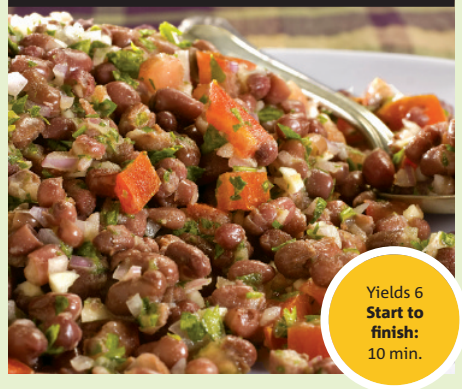
Vibrantly coloured and sweet, adzuki are commonly used in desserts in Asian cooking. But in North America they often are put to savoury use, mixed into salads, cooked with rice and dropped into soups. Like other beans, adzuki are a good source of protein. Unlike many other dried legumes, they don't have to be soaked before cooking.

And now they've even made their way into snack foods. Boulder Canyon Natural Foods sells several varieties of chips made from rice and adzuki beans, including chipotle cheese flavoured and sun-dried tomato and basil.

The beans also are showing up in American gelato. Even Food Network's Emeril Lagasse and Robert Irvine have done recipes using them.

THE ASSOCIATED PRESS

Adzuki bean salad



Yields 6
Start to finish: 10 min.

Ingredients :

- 15 ml apple cider vinegar
- 30 ml lemon juice
- 30 ml extra-virgin olive oil
- 3 cloves garlic, minced
- 1 shallot, finely diced
- 2 ml salt
- 1 ml ground black pepper
- 1 ml cumin
- 455-ml can adzuki beans, drained
- 2 medium tomatoes, seeded and diced
- 250 ml chopped fresh parsley, lightly packed

Preparation:

1. In a large bowl, whisk together the cider vinegar, lemon juice, olive oil, garlic, shallot, salt, pepper and cumin.
2. Add the beans and tomatoes, then stir well to coat.
3. Add the parsley and toss well. Adjust seasonings as desired.

THE ASSOCIATED PRESS

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Cookbook awards shortlist revealed

After reading 68 entries and testing many recipes, 20 Canadian food professionals have chosen a short list for the Canadian Culinary Book Awards.

The annual awards are sponsored by Cuisine Canada and the University of Guelph.

The winners, along with the second award for the Canadian Culinary Landmarks Hall of Fame and the annual Edna Staebler Award, will be announced Nov. 5 on the opening day of the Royal Agricultural Winter Fair in Toronto.

Cuisine Canada is a national alliance of Canadian culinary professionals who share a common desire to encourage the development, use and recognition of fine Canadian food and beverages.

For more than 40 years, the University of Guelph has contributed to Canadian cuisine in its programs in agriculture, food science and hospitality. It is the home of one of Canada's best cookbook collections.

THE CANADIAN PRESS

The lists

Shortlisted in the English Cookbook Category:

- Laura Calder for French Taste: Elegant Everyday Eating.
- Anna Olson for Fresh with Anna Olson: Seasonally Inspired Recipes to Share with Family and Friends.
- Michael Smith for The Best Chef at Home: Essential Recipes for Today's Kitchen.

Shortlisted in the English Special Interest Category, books about food and beverages:

- Tony Aspler for Tony Aspler's Cellar Book: How to Design, Build, Stock and Manage Your Wine Cellar Wherever You Live.
- Ricki Heller, Sweet Freedom: Desserts You'll Love without Wheat, Eggs, Dairy or Refined Sugar.
- David Sax for Save the Deli: In Search of Perfect Pastrami, Crusty Rye and the Heart of the Jewish Delicatessen.

Shortlisted for the English Canadian Culinary Culture Category, books that best illustrate Canada's culinary heritage and food culture:

- Chef's Table Society of British Columbia, Vancouver Cooks 2.
- Nathalie Cooke, editor of What's To Eat? Entrees in Canadian Food History.
- Michael Howell, Atlantic Seafood: Recipes from Chef Michael Howell.

5 worst forest foods

Has it ever crossed your mind that those cookie crumbs in your lap could be related to the wiping out of the world's rainforests? Here are the top five offenders that are actually causing trees to get the chop:

1

Beef

The clearing of rainforests to create grassland for cattle to graze on is of huge concern. This will then lead to the degradation of soil and the pollution of rivers nearby. Was that juicy beef burger really worth it?

2

Palm oil

Rainforests, most notably across Asia (Malaysia, Indonesia, Thailand) are being cleared for palm oil plantations, as this productive oil seed has become the number one food crop worldwide. Palm oil is a common substitute for partially hydrogenated oils and can be found in anything ranging from cookies to cereal or bread.

3

Rice

The forests of Asia are being destroyed in order to make room for rice fields, "paddies." Not only is this contributing to the loss of precious land and loss of habitat for many local species, rice fields emit the largest amounts of methane gas, between 50 and 100 million tons a year.

4

Corn

Following the U.S. subsidies tagged to corn for the production of ethanol, production has soared, especially in the Amazon rainforest.

5

Soy

More and more people are choosing to consume less meat, a decision that has led to an increase in demand for soy, the main ingredient used in making tofu (a staple of the vegetarian diet). Soy covers some 11 million hectares of forest across South America.

METRO

Sustainable seafood

Fish is tasty and nutritious But many of world fish stocks are exploited How do we protect our oceans?

The United Nations' Food and Agriculture Organization reports that more than 70 per cent of the world's fish stocks are fully fished, overfished or exploited.

Our oceans are facing an unprecedented crisis. This has caused many Canadian grocers to think differently about the sources of the seafood they sell, prompting the development of sustainable seafood policies to help protect our oceans.

What does this mean for you? If you were asked to define what sustainable seafood means, could you do it?

According to Canadian Grocer, Loblaw Companies Limited, seafood sustainability means that the type of seafood caught can maintain or increase its population in the future without harming the ecosystems from which they come.

But sustainability is not just the number of available fish, it's also about changing the way we farm and catch fish. Certain fishing and farming methods have a negative impact on our oceans by damaging the marine environment.

It is important that better methods are put into place and sustainable seafood practices are embraced. Knowing the origin of the seafood you're eating is important.

The same species of fish can come from different bodies of water, each with its own fishery systems that may not be sustainable.

Education is key. Read the package, read the labels and ask questions. Look for products carrying the Marine Stewardship Council (MSC) ecolabel, as it indicates the product is sustainably sourced.

MSC is an international non-profit organization that developed the world's leading environmental standard for independent, third-party scientific certification of sustainable and well-managed wild-capture fisheries.

The more informed you are, the better equipped you'll be to make good decisions. Beyond the obvious fresh and frozen counters, seafood is also a secondary ingredient in products such as fish oils in vitamins and Omega 3 in juice, eggs, and dairy.

One Canadian grocer that took a great interest in the state of our oceans is Loblaw Companies Limited. In 2009, it announced its commitment to source 100 per cent of all seafood sold in its stores from sustainable sources by year-end 2013.

This commitment covers all canned, frozen, fresh, wild and farmed seafood products, in all categories, across all brands. NEWS CANADA

Get informed

To learn more about sustainable seafood, check out a few of these websites:

- msc.org
- wwf-canada.com
- oceansfor tomorrow.ca
- loblaw.ca/seafood
- facebook.com /LoblawSustainable Seafood

▶ Do you know where fish you eat comes from?

Are you feeling overworked?

Work is not a marathon To be creative, you need time to rest and recover Career experts on how to live like you want by balancing your life and work

DREW HINSHAW
LIFE@METRONEWS.CA

Hard as it is to put the work-a-holic down, sometimes the best move you can make for your day job is to ditch it and play.

"We have a notion in our country that work is like a marathon, you just do more and more and more," offers Feeling Overworked author Ellen Galinsky. "That's out of sync with how our bodies operate. To be creative, we need time for rest and recovery."

Those rest and relaxation pit stops during the daily rat race can replenish more than your inner artist: It can let you live longer, sleep sounder, age with elegance, and churn out office accomplishments that will draw the envy of your over-toiled job mates.

"If businesses operated on how people actually function, we would be more efficient," Galinsky claims. She drums up a dreadful statistic concerning the 27 per cent of Americans whose job-related sleep troubles are sabotaging their jobs. Another 31 perc ent are debilitated by stress, she laments — and that was before the recession.

When you're that stretched thin, stretch your legs, recommends Maggie Mistal, host of Sirius Radio's Making a Living.

"We have a notion in our country that work is like a marathon, you just do more and more and more. That's out of sync with how our bodies operate."
ELLEN GALINSKY

"Taking occasional walks can make a huge difference," she notes. "The longer you sit at your desk the more you're at risk for health problems."

Feeling overworked and underjoyed? It's time to make some time for yourself.

To get the most return from your workdays, ensure you're getting the most from your days away. Career mentor Cindy Pladziewicz says that means discovering some after-hours joy time, spent on pastimes pleasant enough to let you forget where you abandoned your iPhone.

"Find something that will engage you," she suggests. "It could be a sport, time in nature, music, something laid back, but the key is that you take a break."

The irony, Galinsky notes, is that those who invest the most of ourselves in our careers spend the scantest time reflecting on what it is we're chasing.

"If it often takes having an illness before people start living the way they want to," she observes. "We shouldn't have to make that responsible for living the way we want to live."

JOIN US IN THE FIGHT AGAINST PROSTATE CANCER

The week of September 19th is Prostate Cancer Awareness week. 1 in 6 Canadian men will be diagnosed with the disease in their lifetime. If you're over 40, talk to your doctor about the merits of PSA blood testing. Visit **prostatecancer.ca** for more information.

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Learning to let go

Parents need to step back as kids make the transition to middle school

Transitioning to middle school is hard. Kids go from being big shots in an elementary school where they knew everyone, to being pip-squeaks in a school where they don't know anyone. They have six teachers instead of one, a new locker combination, and nobody to sit with at lunchtime.

"It's such a traumatic time, even for a well-adjusted elementary school student," said Dr. Joyce Stalwart, senior associate dean in The University of Alabama's College of Education. "They are coping with everything from changing classes to physical changes and hormones to increased academic expectations."

"It's a whole other world," said Lisa Merkin of Pinecrest, Fla., a mother of five with two children in middle school. "In fifth grade, they're still kind of coddled. But in middle school, if you don't have your homework, the teacher is not going to make a big deal of it. You're just going to get a zero."

▶ While middle-schoolers can push parents away, at other times, parents need to resist the impulse to rescue them.

There are also organizational challenges: "They need a binder for this and a binder for that. They have four minutes to get to their next class," Merkin said. And then there's the social aspect. In elementary school, they had friends going back to kindergarten. In middle school, Merkin said, "when they walk in the cafeteria, are they sitting by themselves?"

Complicating all of this is a change in the parent's role as kids "go from being babies to being teenagers. I remember wanting to be dropped off in the middle of the street so my mom couldn't kiss me goodbye!" Merkin recalled.

But while middle-schoolers sometimes push parents away, at other times, parents need to resist the impulse to step in and rescue them.

Rather than nagging a kid to do the work, arguing about it or intervening with teachers, the start of middle school is a good time to let students experience the real-world consequences of their choices — even if, at first, that means disappointment or failure.

"The only way we learn is through making mistakes, taking risks, trying things and experiencing the consequences," said Leif Gustavson, professor of education at Arcadia University in Glenside, Pa.,

Stallworth agreed: "Try not to solve those problems. Instead, listen to them and encourage and empower them to get through it."

I learned the wisdom of those words from my own children. Soon after my younger son started middle school, he came home one day utterly dejected, saying that he had no friends. Ever the helpful mom, I proposed having a pizza party and inviting all the kids in his homeroom as a way to make friends.

Fortunately my wise older son, already in high school, warned me to stay out of it and let his little brother make his own friends. He was right. Needless to say, within a few weeks, my younger son had more friends than he'd had in elementary school. Staying out of it was definitely the best thing I could have done. THE ASSOCIATED PRESS

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Rookie, vet fighting for their futures

- Hodgson, Morrison both longshots to start season with Canucks
- One player looking to reach NHL, the other just to stay there

About 15 years in age and around 829 NHL games separate Brendan Morrison and Cody Hodgson.

The two centres, who are at opposite ends of their careers, are both attending the Vancouver Canucks training camp. For different reasons, both are longshots to start the season with the team.

Morrison, 35, came to camp without a contract and is on a professional tryout. He's looking for one last hurrah in the city where he enjoyed his most hockey success.

"They want to see if I can still skate," Morrison said with a shrug after yesterday's practice at the South Okanagan Events Centre. "Yes, I can still skate at a high level and a good pace.

"That's what I have to prove I can do. They want to see if I can still play."

Hodgson, 20, is a prize Canuck prospect who missed most of last season in junior with a back injury. The back remains a concern so he's practising with a group doing more finesse drills and light contact.

"We stepped it up another level today," said Hodgson. "It was a little more intense, more battle drills were brought in. I felt good."

DARRYL DYCK/THE CANADIAN PRESS

▶ Brendan Morrison speaks to reporters on Friday.

Hodgson doesn't know when he can bring practising with the main group of players, or if he will dress for any of the Canuck exhibition games. If he doesn't play in the pre-season, Hodgson will likely start the year with Vancouver's AHL farm team in Winnipeg.

"The goal is to progress here," Hodgson said.

"I'd like to get going here soon and we'll just have to go through the necessary steps."

Morrison, a native of Pitt Meadows, B.C., on the outskirts of Vancouver, has no room for error. If he doesn't earn a spot on the Canucks' roster, his hockey career is likely over.

"It's uncharted waters," said Morrison, who played for the Washington Capitals last season after spending seven years in Vancouver. "I didn't anticipate being in this situation.

"There is a little greater sense of urgency knowing you don't have a contract in place and you are trying to earn a contract. I feel I do have good credentials coming in. But in this business, it's what have you done for me lately?"

Head coach Alain Vigneault said Morrison has skated well during camp, but the true test will come when the Canucks play their exhibition games.

"Right now he is working extremely hard," said Vigneault.

"We'll see what he does in the future."

THE CANADIAN PRESS

NFL clubs uncertain about QBs

Brett Favre had his worst day as a Viking, and a Minnesota team that thought it was set at quarterback is 0-2.

At least the Vikings are certain who their starter is.

After a Sunday full of injuries and interceptions, seemingly half the league heads into Week 3 with a quarterback quandary.

The Titans' Vince Young was pulled after his third turnover against Pittsburgh. The Steelers needed all those takeaways from their defence because they're down to their fourth-string quarterback.

Michael Vick won the battle of backups in the Eagles' victory over the Lions, playing so well that now Philadelphia must answer questions about whether he should remain the starter when Kevin Kolb returns.

The Panthers' Matt Moore and the Raiders' Jason Campbell also got yanked as those two teams quickly soured on their new starters.

At this rate, maybe we'll see a coach suiting up at quarterback for somebody.

"I know it won't be me," the Steelers' Mike Tomlin said of who will start for Pittsburgh at Tampa Bay. "I'm not good enough."

That's all he knows. Ben Roethlisberger is suspended for two more games. Byron Leftwich, who was supposed to fill in, is out with a knee injury and was even released.

Then Dennis Dixon hurt his left knee early in Sunday's game and didn't return.

Charlie Batch took over and went 5-of-11 for 25 yards — and the Steelers still won thanks to their defence and special teams.

THE ASSOCIATED PRESS

4 sports

Quoted

"I don't even know. I don't know, man."

LIONS RUNNING BACK JEROME MESSAM, WHEN ASKED WHAT HAPPENED ON A PLAY WHEN HE FUMBLED IN HIS OWN END LATE IN THE GAME, HELPING TO SET UP A 35-31 WIN BY HAMILTON ON SATURDAY.

Promo Air Fares from Vancouver

Amsterdam/Oslo	745	Beirut	937	Saigon/Bngk/Singap	699
Brussels/Paris	650	Cairo	860	Shanghai	635
London	655	Dubai	890	Taipei	710
Barcelona	750	Riyadh	980	Jakarta/Manila/Cebu	830
Frankfurt/Munich	710	Mashad/Isfhan	1120	Kathmandu	1050
Geneva/Zurich	658	Shiraz	1190	Delhi/Karachi	855
Belgrade/Pristine	885	Tehran	920	Dhaka	1050
Prague/Warsaw/Sofia	725	Tel Aviv	906	Kabul	1450
Budapest/Bucharest	725	Baghdad/Basrah	1400	Seychelles	1300
Moscow/Leningrad	758	Addis Ababa	1095	Phnom Penh/Yangn	1200

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MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
New York	90	59	.604	—	—	4-6	L-1	49-25	41-34
Tampa Bay	89	59	.601	½	—	5-5	L-1	46-29	43-30
Boston	83	66	.557	7	6½	6-4	W-1	43-32	40-34
Toronto	75	74	.503	15	14½	3-7	L-1	39-33	36-41
Baltimore	59	90	.396	31	30½	6-4	W-1	34-43	25-47

CENTRAL DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Minnesota	89	60	.597	—	—	7-3	L-1	49-25	40-35
Chicago	79	70	.530	10	10½	2-8	L-6	40-34	39-36
Detroit	75	74	.503	14	14½	6-4	W-3	47-28	28-46
Cleveland	62	87	.416	27	27½	5-5	L-1	32-42	30-45
Kansas City	61	87	.412	27½	28	4-6	W-1	34-40	27-47

WEST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Texas	83	65	.561	—	—	8-2	L-1	48-26	35-39
Oakland	74	74	.500	9	15	6-4	W-1	44-30	30-44
Los Angeles	73	76	.490	10½	16½	7-3	W-1	38-34	35-42
Seattle	57	92	.383	26½	32½	2-8	W-1	35-42	22-50

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Philadelphia	89	61	.593	—	—	9-1	W-7	48-27	41-34
Atlanta	86	64	.573	3	—	6-4	W-3	52-23	34-41
New York	74	76	.493	15	12	5-5	L-3	44-30	30-46
Florida	73	75	.493	15	12	3-7	L-6	35-39	38-36
Washington	62	87	.416	26½	23½	2-8	L-3	35-36	27-51

CENTRAL DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Cincinnati	84	66	.560	—	—	5-5	L-1	45-30	39-36
St. Louis	77	71	.520	6	8	4-6	W-1	46-28	31-43
Houston	72	77	.483	11½	13½	6-4	W-1	41-37	31-40
Milwaukee	69	79	.466	14	16	5-5	L-1	36-38	33-41
Chicago	68	81	.456	15½	17½	8-2	W-6	33-42	35-39
Pittsburgh	51	98	.342	32½	34½	4-6	W-3	36-39	15-59

WEST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
San Francisco	84	66	.560	—	—	6-4	W-1	45-30	39-36
San Diego	83	66	.557	½	2½	4-6	L-1	42-32	41-34
Colorado	82	67	.550	1½	3½	7-3	L-1	51-24	31-43
Los Angeles	73	77	.487	11	13	4-6	W-1	42-33	31-44
Arizona	59	91	.393	25	27	2-8	L-3	35-40	24-51

AMERICAN LEAGUE

Yesterday's results
Boston 6 Toronto 0
Baltimore 4 N.Y. Yankees 3 (11 ings)
L.A. Angels 6 Tampa Bay 3
Kansas City 6 Cleveland 4
Oakland 6 Minnesota 2
Seattle 2 Texas 1
Detroit 9 Chicago White Sox 7 (11 ings)
Saturday's results
Toronto 4 Boston 3
Minnesota 4 Oakland 2
Detroit 6 Chicago White Sox 3
N.Y. Yankees 11 Baltimore 3
Cleveland 6 Kansas City 4
Tampa Bay 4 L.A. Angels 3 (10 ings)
Texas 6 Seattle 1
Tonight's games
(All times Eastern)
Kansas City (Greinke 9-12) at Detroit (Porcello 9-11), 7:05 p.m.
Tampa Bay (Garza 14-8) at N.Y. Yankees (Nova 1-0), 7:05 p.m.
Baltimore (Matusz 8-12) at Boston (Matsuzaka 9-5), 7:10 p.m.
Cleveland (J.Gomez 3-4) at Minnesota (Duensing 9-2), 8:10 p.m.
Chicago White Sox (Floyd 10-13) at Oakland (G.Gonzalez 14-9), 10:05 p.m.
Texas (D.Holland 3-3) at L.A. Angels (Jer.Weaver 12-11), 10:05 p.m.
Tomorrow's games
Kansas City at Detroit, 7:05 p.m.
Tampa Bay at N.Y. Yankees, 7:05 p.m.
Seattle at Toronto, 7:07 p.m.
Baltimore at Boston, 7:10 p.m.
Cleveland at Minnesota, 8:10 p.m.
Chicago White Sox at Oakland, 10:05 p.m.
Texas at L.A. Angels, 10:05 p.m.

NATIONAL LEAGUE

Yesterday's results
Atlanta 6 N.Y. Mets 3
Chicago Cubs 13 Florida 3
Pittsburgh 4 Arizona 3
Philadelphia 7 Washington 6
Houston 4 Cincinnati 3
St. Louis 4 San Diego 1
San Francisco 9 Milwaukee 2
L.A. Dodgers 7 Colorado 6 (11 ings)
Saturday's results
Atlanta 4 N.Y. Mets 2
Colorado 12 L.A. Dodgers 2
San Diego 8 St. Louis 4
Pittsburgh 9 Arizona 6
Cincinnati 11 Houston 1
Philadelphia 5 Washington 2
Chicago Cubs 5 Florida 3
Milwaukee 2 San Francisco 1
Today's games
St. Louis (C.Carpenter 15-7) at Florida (Volstad 9-9), 3:10 p.m.
Atlanta (Jurrjens 7-6) at Philadelphia (Hamels 11-10), 7:05 p.m.
Houston (Norris 8-8) at Washington (Li.Hernandez 10-11), 7:05 p.m.
Cincinnati (H.Bailey 3-3) at Milwaukee (Capuano 3-4), 8:10 p.m.
Tomorrow's games
Atlanta at Philadelphia, 7:05 p.m.
Houston at Washington, 7:05 p.m.
St. Louis at Pittsburgh, 7:05 p.m.
N.Y. Mets at Florida, 7:10 p.m.
San Francisco at Chicago Cubs, 8:05 p.m.
Cincinnati at Milwaukee, 8:10 p.m.
Colorado at Arizona, 9:40 p.m.
San Diego at L.A. Dodgers, 10:10 p.m.

WILD CARD

AMERICAN LEAGUE

	W	L	Pct	GB
Tampa Bay	89	59	.601	-
Boston	83	66	.557	6.5
Chi White Sox	79	70	.530	10.5

NATIONAL LEAGUE

	W	L	Pct	GB
Atlanta	86	64	.573	-
San Diego	83	66	.557	2.5
Colorado	82	67	.550	3.5
St. Louis	77	71	.520	8.0
NY Mets	74	76	.493	12.0

AMERICAN LEAGUE

RED SOX 6, BLUE JAYS 0

Toronto	ab	r	h	bi	Boston	ab	r	h	bi
McCoy lf	2	0	1	0	Kalish cf	4	0	0	0
YEscor ss	3	0	0	0	J.Drew rf	4	1	1	2
JBautst rf	4	0	0	0	Reddck rf	0	0	0	0
V.Wells cf	4	0	1	0	VMrtnz c	4	1	2	1
Overay 1b	4	0	1	0	D.Ortiz dh	4	0	0	0
J.Buck c	4	0	0	0	Lowell 1b	4	0	1	0
Encrnc 3b	4	0	0	0	LAndrs 1b	0	0	0	0
Arencii dh	3	0	0	0	Lowrie ss	4	1	1	0
JMcDnl 2b	4	0	2	0	Hall 2b	4	1	2	0
Nava lf	3	1	1	1					
YNavrr 3b	2	1	1	1					
Totals	**32**	**0**	**5**	**0**	**Totals**		**3**	**3**	**6**	**3**	**5**
Toronto						**000**	**000**	**000**	**0**
Boston						**000**	**150**	**00x**	**6**

E—McCoy (2). LOB—Toronto 9, Boston 4. 2B—Hall (12), Nava (13). HR—J.Drew (19), V.Martinez (18).

Toronto	IP	H	R	ER	BB	SO
Marcum L,12-8	5 1-3	9	6	6	0	3
Mills	1 2-3	0	0	0	1	0
T.Buchholz	1	0	0	0	0	0
Boston						
Lester W,18-8	7	4	0	0	4	4
Atchison	1	1	0	0	0	1
Coello	1	0	0	0	0	1

Umpires—Home, Greg Gibson; First, Brian Knight; Second, Gerry Davis; Third, Sam Holbrook.
T—2:37. A—37,234 (37,402) at Boston.

CFL

WEEK 12

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	11	8	3	0	344	250	16
Hamilton	11	6	5	0	270	286	12
Toronto	11	6	5	0	237	293	12
Winnipeg	11	3	8	0	291	290	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Calgary	11	9	2	0	396	245	18
Saskatchewan	11	7	4	0	321	304	14
B.C.	11	3	8	0	276	295	6
Edmonton	11	2	9	0	200	372	4

Yesterday's results
Toronto 17 Winnipeg 13
Montreal 31 Edmonton 14
Saturday's result
Hamilton 35 B.C. 31
Friday's result
Saskatchewan 43 Calgary 37 (OT)

WEEK 13

(All times Eastern)
Friday, Sept. 24
Montreal at Winnipeg, 8 p.m.
Saturday, Sept. 25
Saskatchewan at Hamilton, 6:30 p.m.
B.C. at Calgary, 9:30 p.m.
Sunday, Sept. 26
Edmonton vs. Toronto (at Moncton, N.B.), 12 p.m.

NFL

WEEK 2

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Miami	2	0	0	1.000	29	20
N.Y. Jets	1	1	0	.500	37	24
New England	1	1	0	.500	52	52
Buffalo	0	2	0	.000	17	49

SOUTH

	W	L	T	Pct	PF	PA
Houston	2	0	0	1.000	64	51
Jacksonville	1	1	0	.500	37	55
Tennessee	1	1	0	.500	49	32
Indianapolis	1	1	0	.500	62	48

NORTH

	W	L	T	Pct	PF	PA
Pittsburgh	2	0	0	1.000	34	20
Cincinnati	1	1	0	.500	39	48
Baltimore	1	1	0	.500	20	24
Cleveland	0	2	0	.000	28	33

WEST

	W	L	T	Pct	PF	PA
Kansas City	2	0	0	1.000	37	28
San Diego	1	1	0	.500	52	34
Denver	1	1	0	.500	48	38
Oakland	1	1	0	.500	29	52

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Washington	1	1	0	.500	40	37
N.Y. Giants	1	1	0	.500	45	56
Philadelphia	1	1	0	.500	55	59
Dallas	0	2	0	.000	27	40

SOUTH

	W	L	T	Pct	PF	PA
Tampa Bay	2	0	0	1.000	37	21
New Orleans	1	0	0	1.000	14	9
Atlanta	1	1	0	.500	50	22
Carolina	0	2	0	.000	25	51

NORTH

	W	L	T	Pct	PF	PA
Chicago	2	0	0	1.000	46	34
Green Bay	2	0	0	1.000	61	27
Detroit	0	2	0	.000	46	54
Minnesota	0	2	0	.000	19	28

WEST

	W	L	T	Pct	PF	PA
Seattle	1	1	0	.500	45	37
Arizona	1	1	0	.500	24	54
San Francisco	0	1	0	.000	6	31
St. Louis	0	2	0	.000	27	33

Yesterday's results
Atlanta 41 Arizona 7
Chicago 27 Dallas 20
Cincinnati 15 Baltimore 10
Denver 31 Seattle 14
Green Bay 34 Buffalo 7
Houston 30 Washington 27 (OT)
Kansas City 16 Cleveland 14
Miami 14 Minnesota 10
N.Y. Jets 28 New England 14
Oakland 16 St. Louis 14
Philadelphia 35 Detroit 32
Pittsburgh 19 Tennessee 11
San Diego 38 Jacksonville 13
Tampa Bay 20 Carolina 7
Indianapolis 38 N.Y. Giants 14
Tonight's game
New Orleans at San Francisco, 8:30 p.m.

BETTING

PRO LINE LOTTERY ODDS

MONDAY, SEPT. 20

No.	SPT	VIS	HOME	V+	V	T	H	H+	O	#	U
16	FTB	NWO	SF	2.00	1.50	3.50	3.70	4.80	1.80	44.5	1.60
40	BBL	STL	FLA	1.75	1.45	3.00	2.10	2.50	2.00	8.5	1.50
41	BBL	ATL	PHI	2.60	2.20	3.00	1.40	1.70	2.00	8.5	1.50
42	BBH	JHEY	UTLY	2.40	2.20	3.00	2.00	2.20	—	—	—
43	BBL	HOU	WAS	2.40	2.00	3.00	1.50	1.80	1.90	8.5	1.55
44	BBL	KC	DET	2.20	1.80	2.80	1.60	1.90	—	—	—
45	BBL	TB	NYY	2.20	1.80	2.80	1.60	1.90	1.80	9.5	1.60
46	BBH	CRAW	RCAN	2.60	2.30	3.20	1.90	2.10	—	—	—
47	BBL	BAL	BOS	2.60	2.20	3.00	1.40	1.70	1.80	9.5	1.60
48	BBL	CIN	MIL	1.85	1.55	2.90	1.90	2.30	1.60	8.5	1.80
49	BBH	JVOT	FIEL	2.00	1.80	3.40	2.40	2.80	—	—	—
50	BBL	CLE	MIN	3.60	2.80	3.20	1.20	1.30	1.80	8.5	1.60
51	BBL	CWS	OAK	2.50	2.10	3.00	1.45	1.75	—	—	—
52	BBL	TEX	LAA	2.50	2.10	3.00	1.45	1.75	—	—	—
88	SCR	GETF	DEP	—	2.80	3.00	2.20	—	—	—	—

In the event of any discrepancy between this information and odds available from OLG, the latter shall prevail.

GOLF

NATIONWIDE BOISE OPEN

At Boise, Idaho
Par 71
Final Round

Hunter Haas, $130,500	68-64-67-64—263
Daniel Summerhays, $78,300	67-65-64-68—264
Jhonattan Vegas, $34,800	68-66-67-66—267
Keegan Bradley, $34,800	66-67-66-68—267
Kirk Triplett, $34,800	67-66-65-69—267
John Mallinger, $34,800	68-66-64-69—267
Jamie Lovemark, $23,381	66-70-68-64—268
Patrick Sheehan, $23,381	69-66-67-66—268
D.J. Brigman, $18,850	67-68-68-66—269
Brendan Steele, $18,850	71-65-67-66—269
Jonathan Kaye, $18,850	68-68-67-66—269
Kyle Stanley, $18,850	66-68-68-67—269
Bobby Gates, $14,500	68-67-70-65—270
Zack Miller, $14,500	67-69-65-69—270
Kevin Chappell, $11,600	67-69-69-66—271
Mark Anderson, $11,600	69-66-68-68—271
Jeff Gove, $11,600	71-66-66-68—271
Michael Putnam, $11,600	66-64-72-69—271
Peter Tomasulo, $11,600	65-63-71-72—271
Jarrod Lyle, $8,149	68-69-70-65—272
Gavin Coles, $8,149	65-69-69-69—272
Scott Parel, $8,149	67-67-69-69—272
Also	
Barrett Jarosch, $5,531	**64-69-71-69—273**
David Hearn, $2,741	**67-69-70-70—276**
Ted Brown, $2,266	**72-64-72-71—279**

CYCLING

SPANISH VUELTA

At Madrid
Final Stage
1. Tyler Farrar, U.S., Garmin-Slipstream, 2 hours, 2 minutes, 24 seconds; 2. Mark Cavendish, Britain, Team HTC-Columbia, same time; 3. Allan Davis, Australia, Astana, same time; 4. Wouter Weylandt, Belgium, Quick-step, same time; 5. Matthew Harley Goss, Australia, HTC-Columbia, same time;
Final Standings
Individual (Red Jersey)
1. Vincenzo Nibali, Italy, Liquigas-Doimo, 87 hours, 18 minutes, 33 seconds; 2. Ezequiel Mosquera, Spain, Xacobeo Galicia, 41 seconds behind; 3. Peter Velits, Slovakia, HTC-Columbia, 3:02; 4. Joaquin Rodriguez, Spain, Team Katusha, 4:20; 5. Frank Schleck, Luxembourg, Team Saxo Bank, 4:43
Team (Grey Bib)
1. Team Katusha, 261 hours, 48 minutes, 4 seconds; 2. Caisse d'Epargne, 33 seconds behind; 3. Xacobeo Galicia, 12:33

TENNIS

WTA BELL CHALLENGE

At Quebec City
Yesterday's results
Singles
Championship
Tamira Paszek, Austria, def. Bethanie Mattek-Sands, U.S., 7-6 (6), 2-6, 7-5.
Doubles
Championship
Sofia Arvidsson and Johanna Larsson, Sweden, def. Bethanie Mattek-Sands, U.S., and Barbora Zahlavova Strycova (1), Czech Republic, 6-1, 2-6, 10-6 tiebreak.

WTA TOUR GUANGZHOU INT'L OPEN

At Guangzhou, China
Yesterday's results
Singles
Champiosnhip
Jarmila Groth (1), Australia, def. Alla Kudryavtseva, Russia, 6-1, 6-4.
Doubles
Championship
Edina Gallovits, Romania, and Sania Mirza, India, def. Han Xinyun and Liu Wanting, China, 7-5, 6-3.

TRANSACTIONS

FOOTBALL

NFL

NEW ENGLAND PATRIOTS — Signed RB-WR Danny Woodhead.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Columbus	25	13	7	5	33	27	44
New York	25	13	8	4	32	27	41
Toronto FC	25	8	10	7	24	28	31
Kansas City	23	8	9	6	24	24	30
Chicago	23	6	9	8	28	31	26
New England	24	7	14	3	24	41	24
Philadelphia	24	6	12	6	27	39	24
D.C.	25	5	17	3	17	39	18

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	25	15	5	5	38	19	50
Real Salt Lake	25	13	4	8	38	16	47
FC Dallas	24	11	2	11	31	19	44
Colorado	24	10	7	7	32	24	37
San Jose	23	10	7	6	25	23	36
Seattle	25	10	9	6	30	29	36
Chivas USA	24	7	13	4	25	31	25
Houston	24	6	13	5	29	40	23

Yesterday's result
Kansas City 2 Chivas USA 0
Saturday's results
Toronto FC 2 Houston 1
Colorado 3 New England 0
Los Angeles 2 D.C. United 1
Real Salt Lake 1 Chicago 0
Seattle FC 4 Columbus 0

ENGLAND

PREMIER LEAGUE

Yesterday's results
Manchester United 3 Liverpool 2
Wigan 0 Manchester City 2
Chelsea 4 Blackpool 0
Saturday's results
Stoke 1 West Ham 1
Aston Villa 1 Bolton 1
Blackburn 1 Fulham 1
Everton 0 Newcastle 1
Tottenham 3 Wolverhampton Wanderers 1
West Bromwich Albion 3 Birmingham 1
Sunderland 1 Arsenal 1

ITALY

SERIE A

Yesterday's results
Bari 0 Cagliari 0
Cesena 1 Lecce 0
Chievo Verona 0 Brescia 1
Palermo 1 Inter Milan 2
Parma 1 Genoa 1
AS Roma 2 Bologna 2
Udinese 0 Juventus 4
Sampdoria 1 Napoli 2
Saturday's results
Fiorentina 1 Lazio 2
AC Milan 1 Catania 1

SPAIN

LA LIGA

Yesterday's results
Hercules 1 Valencia 2
Racing Santander 2 Zaragoza 0
Levante 1 Villarreal 2
Atletico Madrid 1 Barcelona 2
Malaga 1 Sevilla 2
Saturday's results
Espanyol 1 Almeria 0
Mallorca 2 Osasuna 0
Sporting Gijon 2 Athletic Bilbao 2
Real Sociedad 1 Real Madrid 2

GERMANY

BUNDESLIGA

Yesterday's results
St. Pauli 1 Hamburg 1
Schalke 1 Borussia Dortmund 3
Bayer Leverkusen 0 Nuremberg 0
Saturday's results
Bayern Munich 0 Cologne 0
Werder Bremen 0 Mainz 2
Stuttgart 7 Borussia Moenchengladbach 0
Wolfsburg 2 Hannover 0
Kaiserslautern 2 Hoffenheim 2

NOT JUST *A* CLUB,
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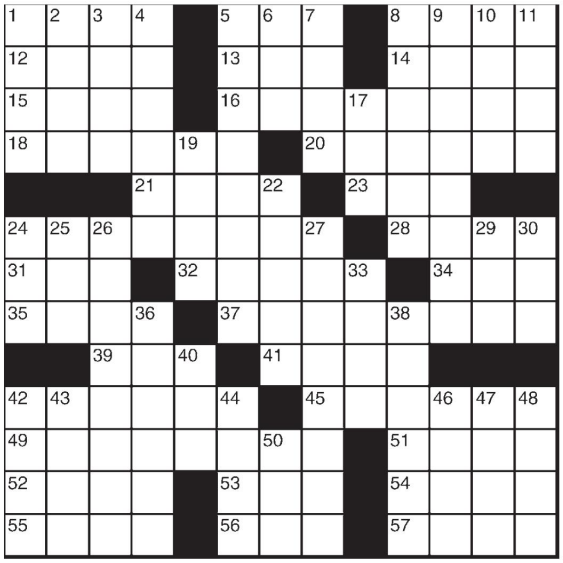
Crossword



Across

1 Ochocinco of the NFL
5 Half a score
8 Slam-dance
12 Tax
13 "— Little Teapot"
14 Busy with
15 Ugandan despot
16 One of the Caesars
18 Render weaponless
20 Broken-bone support
21 Tsp. or tbsp.
23 [With errors unchanged]
24 Monarch with limitless power
28 Pinches
31 Eisenhower
32 Forest trees
34 Rd.
35 Reps.' rivals
37 Group of spectators
39 Energy
41 "Grease" actress Conn
42 Showed off the muscles
45 Country
49 Viennese, for instance
51 Base runner's goal
52 Assess
53 Needle hole
54 Rams' mates
55 Has to
56 Aachen article
57 Carry on

Down

1 Dressed (in)
2 Half (Pref.)
3 Bird, to Brutus
4 Forceful person
5 Jamaican coffee liqueur
6 Ostrich's cousin
7 Complains constantly
8 Curtain fabric
9 One with a lot of contacts?
10 Dazzle
11 Emcee
17 Boom times
19 LP's and CD's (Abbr.)
22 Health (Sp.)
24 Help
25 43-Down musicmaker
26 Storms
27 Swanson product
29 Insulation material, for short
30 Witness
33 Verdi opera
36 Two trios
38 This or that, it doesn't matter which
40 Apiece
42 MacDonald's place
43 Waikiki wingding
44 Conked out
46 "The Music Man" setting
47 Portent
48 Bird's home
50 Nay opposer

▶ Yesterday's answer

T	O	M	■	S	I	A	W	■	X	R	A	Y
A	R	I	■	H	E	I	R	■	Y	O	R	E
P	A	N	A	T	E	L	A	■	L	E	E	S
E	L	I	X	I	R	■	P	O	E	■	■	■
■	■	■	I	C	Y	■	P	A	M	E	L	A
S	N	E	A	K	■	D	E	F	■	M	I	D
P	O	L	L	■	S	I	R	■	T	I	M	E
A	G	E	■	A	T	M	■	B	O	R	O	N
N	O	V	E	L	A	■	R	E	P	■	■	■
■	■	■	T	A	R	■	A	M	A	Z	O	N
D	I	S	H	■	V	U	V	U	Z	E	L	A
A	L	O	E	■	E	K	E	S	■	A	I	R
B	L	U	R	■	D	E	L	E	■	L	O	Y

Sudoku

		9				6		
	5	2	3		6	1	9	
4	1						7	3
			9	8	2			
				7				
			1	6	5			
9	6						1	7
	3	8	5		7	2	4	
		7				3		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4	6	7	2	5	1	9	3	8
8	5	1	9	7	3	6	4	2
9	3	2	6	4	8	5	1	7
6	7	9	8	2	4	3	5	1
2	1	4	5	3	7	8	6	9
5	8	3	1	6	9	7	2	4
3	9	5	7	1	2	4	8	6
1	4	8	3	9	6	2	7	5
7	2	6	4	8	5	1	9	3

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Dear Buntsy, You made me the happiest girl in the world, defined my life and I'd be incomplete without you. We started out under the stars and look how far we've come, happy one year babe! I love you so much! **YOUR ONE AND ONLY, BILLSY**

Snugglemuffin, you are the Justin to my Bieber. You are my little sassy cutie pie. You mean everything to me. Please stay with me forever.. and ever. **LOVE, GUBE.**

Ryan, through the year that we've been together, I love you more each day. You always have a way to make me smile, and you make me truly happy. I cannot picture my life without you, you will always be special to me. I love you so much boo. xo **LOLGA**

Nick G.....you are the biggest sweetie. Can't wait to see you again. xoxo **PATTI DU JOUR**

Today 16°/11° Showers
Tuesday 16°/10° Sunny

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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 No matter what happens over the next few days you must not let anything get to you emotionally. Not that anything drastic is likely to happen but expect some interesting challenges.

♉ Taurus April 21-May 21 Make a conscious effort to control your response. Don't react to provocation. The main danger now is that if you go too far you will make enemies of people who should have been friends.

♊ Gemini May 22-June 21 It's good to be assertive but not so good to be aggressive, so watch how you act today. More importantly, watch how you react to people who seem slow or stupid.

♋ Cancer June 22-July 22 You may get tempted to act in ways that not only run contrary to your beliefs but also to what is in your best interests. Imagine the powers that be are watching you every moment — and act accordingly.

♌ Leo July 23-Aug.23 You won't be able to come and go as you please today, and your options are likely to be limited until Thursday. After that though you can do as you please.

♍ Virgo Aug. 24- Sept. 22 Cosmic activity in and around the money area of your chart makes this a good time to improve your cash flow situation. However, you must not do anything rash. Your plans must be sensible.

♎ Libra Sept. 23-Oct. 23 You need to get tough with someone who is trying to play on your emotions — and, by the look of things, succeeding quite well. Don't waste time being subtle.

♏ Scorpio Oct. 24-Nov. 22 No one expects you to be good at everything so why expect it of yourself? If you pretend to know what you are doing today you will regret it.Ask for assistance and you'll get it.

♐ Sagittarius Nov. 23-Dec. 21 Fate seems to be smiling on you at the moment and it will smile even more on the 23rd. However, don't take too much for granted and don't push your luck too far today. Smiles can fade.

♑ Capricorn Dec. 22-Jan. 20 What happens over the next few days will do wonders for your reputation, so long as you know what it is that you want and so long as you are ready to seize the opportunity when it arrives.

♒ Aquarius Jan. 21-Feb. 18 Even if you say something outrageous today you will most likely get away with it, but only in the short-term. Make sure you think before you speak.

♓ Pisces Feb. 19-March 20 Issues to do with your wealth will figure prominently this week, but whether that is a good or a bad thing depends on the decisions you make today and tomorrow.

● SALLY BROMPTON

Caption contest

CHRIS O'MEARA/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

MATTHIAS SCHRADER/THE ASSOCIATED PRESS

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